

1996 • Celebrating 27 Years • 2023

**Our Vision: To Champion Paruresis Awareness.**

## IPA "Freedom Press" eZine

*The newsletter for people suffering from paruresis, the loved ones who care about them, and the mental health and medical professionals who support them.*

*April 2023*

**Who Does This Guy Think He Is? | FRESH Workshop Updates!  
"The Real Work" Book Tour | The "Holland Pissoir"  
Add Paruresis to Your Health Records  
Guidestar Gold | Long Form Paruresis Podcast  
Paruresis Rap Song (You read that right!) | Demo Survey Coming Soon**

**Virtual Support Group - May 21 | Women's Support Group**



### Who Does This Guy Think He Is?

He's just a fellow sufferer like you who happens to be the International Paruresis Association's executive director, Tim Pyle. If you've reached out to the IPA for information or support over the past three years, he's the one who has responded. He's also the face of our latest informational videos. **"It really is immensely gratifying to know that when people have finally taken that step to get help, I get to be the person to be there."**

Tim has had a long career in education business

**FRESH UPDATES!**

**Virtual Workshop  
(Dan Rocker):  
Sat., May 6  
Sign up today!**

**Live Workshops**

**Toronto: May 26-28  
(Dr. Steve)**

• *This is a "go!" A few seats remain.*

**Atlanta: June 23-25  
(Roger Merritt)**

• *Pre-registration open.*

**Detroit: July 21-23  
(Tentative, Dr. Steve)**

• *Pre-reg opens soon.*

**Baltimore: October 6-8/13-15 (Tentative,**

leadership and nonprofit management and now fills the role of our only full-time staff member. "I can't do what needs to be done support sufferers without the fantastic help I get from co-founder Dr. Steve and IPA President Dan Rocker, and all the wonderful volunteers that support me. And of course the IPA's generous members. **This is the most fulfilling job I've ever had.**"

Tim is just like you. He's not a therapist or a doctor, he just gets to be connected to the world's foremost experts in Paruresis and then connect them to you. "When I first sought help from Dr. Steve nearly 20 years ago, I wondered what kind of weirdos were involved in IPA. **It was so comforting to find out that sufferers were just normal people like me** who just happen to struggle with this condition."

Still sitting on the sidelines and looking for motivation to get proactive about your recovery? [Contact Tim here](#). You'll be glad you did. He promises a response within two business days, but prides himself on replying as quickly as possible. Check your spam folder!

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### **Adam Gopnik flies the flag for sufferers on his best-selling book tour.**

Last month, we touted the latest book from New York Times Best Selling Author and New Yorker contributor, Adam Gopnik. Why? Well, the chapter "Relieving" is all about Adam's work with IPA President and licensed therapist Dan Rocker to overcome his Paruresis. "The Real Work: On the Mystery of Mastery" is now the #1 New Release in the Creativity & Genius category on Amazon. Click the cover below to grab your own copy.

### **Dan)**

• *Date to be finalized in mid-May*

### **Vancouver: September 8-10 (Paul Cosulich)**

• *Pre-registration open. We need a minimum of 3 more attendees to make this a "go!" Money Back Guaranteed.*

### **Austria: September 1-3 (Dan Rocker)**

• *Pre-registration opens soon! For info: [office@paruresis.at](mailto:office@paruresis.at)*

### **Long Island**

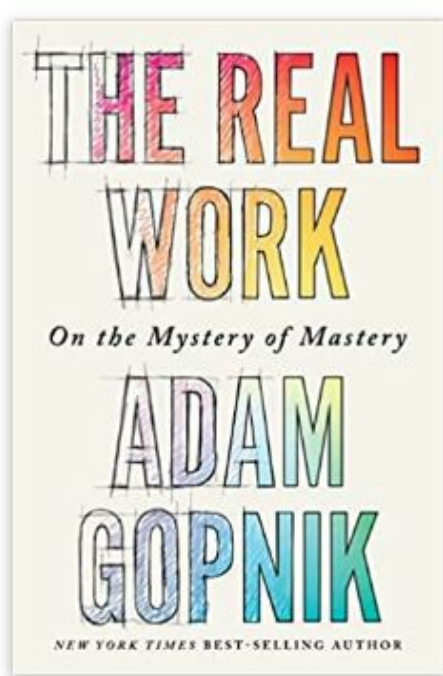
### **Dallas**

### **Las Vegas: In planning.**

• *Fill out our workshop interest form with your locale.*

*All of our workshop leaders and IPA Executive Director Tim Pyle would be very happy to connect with you in advance of any workshop. Head over to the [Contact the IPA form](#) and we'll arrange it! Also, you'll find links to videos of leaders under their entries on the [Shy Bladder Center page](#). They are fantastic experts and advocates for Paruresis sufferers around the world.*





## "On the Road" with Dr. Steve

We probably need a better title for all the great things that IPA Co-Founder Dr. Steve Soifer shares as he travels in support of our mission. Here's a fascinating recent posting from Dr. Steve in Amsterdam where he checks out a roadside "pissoir." Be sure to watch part one before part two!

[Part One: The approach](#)

[Part Two: The report](#)

Want to hear Adam talk about his work with Dan? Check out these interview links:

["Meet the Writers"](#) (audio) with Georgina Godwin who goes for the shock effect at 19 minutes with the statement: "Which is why we now need to talk about your penis." (Pfft!)

["The Conduit"](#) (YouTube) feature called "How to Academy" at 44 minutes. A great way of introducing Paruresis to a wider audience in a sensitive and effective way - and how to address it.

An IPA members only event is in the works where we'll get our chance to quiz Adam. Keep an eye out for an announcement - [join IPA today to ensure your invite!](#)

### News You Can Use: Add Paruresis to Your Health and Employment Records!

*"My company started a drug testing program, now what?"*

*"I've squeaked by in my urine testing in the past, and now I couldn't do it."*

*"I've accidentally run afoul of the law and now I need to pee or I'm going to jail."*

These kinds of stories break our hearts, so today's public service announcement reminds you to **get your condition into your medical and employment records**. If you intend to use a disability defense, you need to get it in your file before you need it. In particular, the US Department of



Transportation rules require a "documented history of Paruresis" and the language should say, you have a "a medical condition [that] has, or with a high degree of probability could have, precluded the donor from providing a sufficient amount of urine." Just being under the stress of testing does not count.

Many Human Resources departments have a form where you can privately disclose a disability. Just as you would need to ask for accommodation if you had back or hand surgery where you needed relief, you can use the same form for Paruresis. **Embarrassing, yes. Necessary, absolutely!**

The same thing goes for the justice system. You can enter your medical records in the filing that shows you need an alternate means of testing.

Do you find yourself in this predicament? [Contact us](#) for a personalized letter of support that you can deliver or we'll be happy to send on your behalf. Forewarned is forearmed! Keep your rights intact.

## Before You "Go" - This and That

### Once again, IPA is in the top 0.5% of nonprofits with Guidestar.

How can I feel confident that the IPA is a well-run, top-notch nonprofit? **The IPA has once again earned the gold seal of nonprofit transparency** from the most trusted name in nonprofit oversight Guidestar/Candid. Click our seal to access all the up-to-date data on IPA operations. Did you know that just one-half of one percent of all nonprofits earn this distinction? Well now you do! Support the IPA with confidence.



### More to listen to . . .

Looking for a long-form Paruresis-topic'd podcast for your next road trip? IPA President Dan Rocker on "[Blackpool New York](#)" (1 hr. 22 min.) Enjoy!



### Paruresis Rap Song? From Reddit . . .

*Original posting from u/bofi244 as generated by ChatGPT. What else can we do with AI??*



### Watch Your Inbox for the IPA's New Demographic Survey!

As the IPA continues to seek out grants for potential research projects, a key question we are

Verse 1:

*Feelin' trapped inside my own head  
Can't pee in public, it's a dread  
But I won't let this phobia rule my life  
Gonna face my fears, end the strife*

Chorus:

*I'm breakin' through the walls  
Gonna conquer my paruresis y'all  
I'll take a deep breath and just let it flow  
'Cause I'm in control, don't you know  
([sing the rest here](#))*

asked is "What is the demographic make-up of your population?" To that end, we'll be sending out a short 14-question (4 minute) survey that will ask your anonymous response to those typical kinds of questions. Please help us by fully answering this 100% anonymous survey.

*Watch your inbox - and especially your spam filters for this important invite coming soon!*



Yep, STILL WAITING! Wondering about the **Department of Transportation's new rules** for Oral Fluid Specimen drug testing? We are too! The end of April will be one year since the [comment period](#) closed. We'll keep you posted on any developments, but for now, like last month, still waiting . . .

## UPCOMING PARURESIS SUPPORT EVENTS & NEWS

### Virtual Support Group Meeting - FREE!

**Sunday, May 21, 2023**

**1 pm US ET | 12 CT | 11 MT | 10 PT**

**Your Host: Dave Kliss**

**All:** This meeting is a great start for someone looking to connect with others for support, advice, and potential graduated practice. Hosted by our incomparable support leader, Dave Kliss, you'll be glad you invested this time in your recovery and in supporting others! Use the [Contact the IPA](#) form to request the link.

### Women's

### Virtual Support Group Meetings Your Host: Andrea Weyant

**Ladies:** Many of our women members say they would prefer a sharing environment geared toward women. Shy Bladder Center member and certified health coach Andrea Weyant has been holding intermittent evening meetings for you! Use the [Contact the IPA](#) form to connect with Andrea and learn about the next Zoom gathering.

**DONATE NOW THROUGH**

**Network for Good®**

Office Hours: Monday - Friday 10:00 a.m. to 6:00 p.m. ET  
800-247-3864 or 443-315-5250 (call or text)  
[getinfo@paruresis.org](mailto:getinfo@paruresis.org)

See what's happening on our social sites



**Our Mission: The IPA is dedicated to supporting people with Paruresis; providing information, recovery strategies and advocating in the mental health, medical and legal communities.**

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